### CLASSIC ARTICLE

**Author:** Outerbridge RE.

**Title:** The etiology of chondromalacia patellae.


---

**Study Design: Cohort Study**

- The author carefully observed and recorded the condition of the patellar cartilage during 196 open meniscectomies.
- Noted a high frequency of chondromalacia patella, particularly after the age of 30

**Results**

- Abnormal patellar cartilage seen in 52% of cases
  - Rate of abnormal cartilage by age group:
    - 50% in 24 patients < 20 years old
    - 35% in 48 patients 20 to 29 years old
    - 44% in 61 patients 30 to 39 years old
    - 71% in 42 patients 40 to 49 years old
    - 72% in 18 patients 50 to 59 years old
    - 67% in 3 patients 60 to 69 years old
- Found no relationship between the time or severity of injury and chondromalacia of patella